

What is claimed is:

1. A method of producing sterilized packed pasta, said method comprising the steps of:

5 filling a container with pasta and water;

boiling said pasta in said container inside a retort at  $F_0$  value of 0.1-1.5 while repeatedly increasing pressure inside said retort and releasing pressure inside said retort under conditions wherein said water is evaporated; and

thereafter sealing said container inside a clean booth.

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2. The method of claim 1 wherein said steps of increasing and releasing pressure inside said retort are repeated at a rate of 1-4 cycles per minute.

3. The method of claim 1 wherein said steps of increasing and releasing  
15 pressure inside said retort are carried out such that temperature inside said retort is  $105\pm 3^\circ\text{C}$  after said pressure is increased and  $102\pm 2^\circ\text{C}$  after said pressure is released and that temperatures in said retort after said pressure is repeatedly increased and released are different by  $2-8^\circ\text{C}$ .

20 4. The method of claim 2 wherein said steps of increasing and releasing pressure inside said retort are carried out such that temperature inside said retort is  $105\pm 3^\circ\text{C}$  after said pressure is increased and  $102\pm 2^\circ\text{C}$  after said pressure is released and that temperatures in said retort after said pressure is repeatedly increased and released are different by  $2-8^\circ\text{C}$ .

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5. The method of claim 1 wherein the pressure inside said retort is increased to a higher level of  $0.13\pm 0.02\text{MPa}$  and is released down to a lower level of  $0.11\pm 0.02\text{MPa}$ , and wherein said higher level and said lower level are different by 0.01-0.05MPa.

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6. The method of claim 2 wherein the pressure inside said retort is increased to a higher level of  $0.13 \pm 0.02$ MPa and is released down to a lower level of  $0.11 \pm 0.02$ MPa, and wherein said higher level and said lower level are different by 0.01-0.05MPa.

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7. The method of claim 3 wherein the pressure inside said retort is increased to a higher level of  $0.13 \pm 0.02$ MPa and is released down to a lower level of  $0.11 \pm 0.02$ MPa, and wherein said higher level and said lower level are different by 0.01-0.05MPa.

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8. The method of claim 4 wherein the pressure inside said retort is increased to a higher level of  $0.13 \pm 0.02$ MPa and is released down to a lower level of  $0.11 \pm 0.02$ MPa, and wherein said higher level and said lower level are different by 0.01-0.05MPa.

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9. The method of claim 1 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta and filling said container with the preliminarily sterilized pasta and water.

20 10. The method of claim 2 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta and filling said container with the preliminarily sterilized pasta and water.

25 11. The method of claim 8 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta and filling said container with the preliminarily sterilized pasta and water.

30 12. The method of claim 1 wherein the step of filling comprises the steps of placing said pasta inside said container, preliminarily sterilizing surface of said pasta and thereafter filling said container with water.

13. The method of claim 2 wherein the step of filling comprises the steps of placing said pasta inside said container, preliminarily sterilizing surface of said pasta and thereafter filling said container with water.

5 14. The method of claim 8 wherein the step of filling comprises the steps of placing said pasta inside said container, preliminarily sterilizing surface of said pasta and thereafter filling said container with water.

15. The method of claim 1 wherein said water is adjusted to pH 2.5-4.2.

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16. The method of claim 2 wherein said water is adjusted to pH 2.5-4.2.

17. The method of claim 8 wherein said water is adjusted to pH 2.5-4.2.

15 18. The method of claim 12 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta at  $F_0 = 0.1-6.0$  and using water adjusted to pH 2.5-4.2.

20 19. The method of claim 13 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta at  $F_0 = 0.1-6.0$  and using water adjusted to pH 2.5-4.2.

25 20. The method of claim 14 wherein the step of filling comprises the steps of preliminarily sterilizing surface of said pasta at  $F_0 = 0.1-6.0$  and using water adjusted to pH 2.5-4.2.

21. The method of claim 1 wherein said pasta is dry pasta and said container is filled with said dry pasta and said water at weight ratio of 1/0.9 - 1/1.5.

30 22. The method of claim 2 wherein said pasta is dry pasta and said container is filled with said dry pasta and said water at weight ratio of 1/0.9 - 1/1.5.

23. The method of claim 8 wherein said pasta is dry pasta and said container is filled with said dry pasta and said water at weight ratio of 1/0.9 - 1/1.5.

5           24. The method of claim 1 further comprising the step of steaming said container after said container is sealed.

25. The method of claim 2 further comprising the step of steaming said container after said container is sealed.

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26. The method of claim 8 further comprising the step of steaming said container after said container is sealed.